



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. Speak with the staff and volunteers at the Harvest Hope Food Pantry to help identify how to get services or go to www.fns.usda.gov/fsp.

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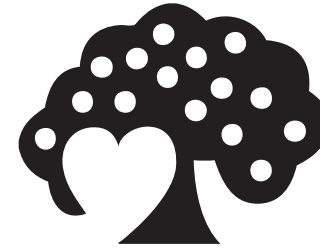
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FAST·HEALTHY·EASY COOKING

Recipe Book & Meal Planner





Resources

“Healthy Heart & Soul Recipe Book” by the South Carolina Department of Health and Environmental Control, Office of Public Nutrition.

“Recipes and Tips for Healthy, Thrifty Meals” by the United States Department of Agriculture (USDA), Center for Nutrition and Policy Promotion.

Contact: (202) 512-1800 or www.usda.gov/cnpp

Find out fun things about food at:

USDA for Kids

www.usda.gov - In the search box type “Youth Resources”

Nutrition Explorations

www.nutritionexplorations.org

Nutrition information for the aging:

“Eating Well as We Age” by the U.S. Food and Drug Administration (FDA).

Contact: 1-888-463-6332 or www.fda.gov



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Rice
Beans
Grits



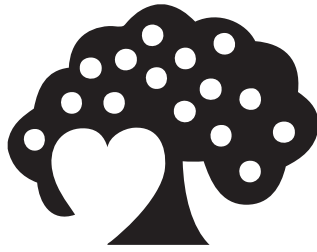
Introduction

Harvest Hope provides for the needs of hungry people by gathering and sharing quality food with dignity, compassion and education.

The Harvest Hope Recipe Book & Meal Planner provides basic tips on nutrition and healthy food choices, along with easy to prepare recipes that fit into a modest budget. It is also set up in a way that allows you to mix and match your daily meals, snacks and desserts on a weekly basis.

A nutritious diet is the key to good health. Research shows that what we eat and how we live has a lot to do with our risk of developing heart disease, diabetes and cancer. We can lower this risk by including more whole grains, fruits, vegetables, lean meats and low fat milk products in our diet.

Unfortunately there are times when we may not always have the money to buy what we need. However, with a little help and smart shopping, we can still plan well-balanced healthy meals. We hope that the Harvest Hope Recipe Book & Meal Planner will help you to meet this goal with useful, healthy and tasty ideas to make meal planning for you and your family a little bit easier.



Notes

How to cook...

Regular Long Grain White Rice

1 cup rice
2 cups water
1/4 tsp salt

1. Rinse rice in cold water.
2. Combine all ingredients in a pot and bring to a boil. Stir. Reduce heat to very low and cover.
3. Cook for 15-20 minutes and test for doneness. Cook for 2-4 minutes more if needed.

Dried Beans

1. Rinse and remove any foreign particles.
2. Soak beans in a pot overnight in water. The amount of water should be 3 times the amount of the beans. For example, soak one cup of beans in 3 cups of water.
3. Drain and add more water. Simmer beans in a covered pot for up to 3 hours until tender.
4. If beans are not soaked overnight bring the beans and water to a boil. Cover the beans tightly and remove from the heat. Let the beans sit for 1 hour and start at Step 3.

Grits

1. Bring 4½ cups of water with 1 tsp of salt to a boil.
2. Slowly stir in 1 cup of regular grits (not instant). Continue stirring and reduce heat to low.
3. Cook for 30 to 40 minutes, stirring often.

Snacks and Desserts

Orange Juice Smoothie

- 1 cup orange juice
- 3/4 cup low fat milk, yogurt or vanilla ice cream
- 7-10 ice cubes
- 1 tsp cinnamon or vanilla
- 1 tbsp honey

Blend ingredients until smooth.

Baked Apple or Pear Crumble

- 1 cup cut apples or pears (canned or fresh)
- 2 tbsp dry oatmeal
- 1 tbsp brown sugar
- 2 tsp ground cinnamon or other favorite spice.
- 2 tsp butter or margarine

Place fruit in lightly buttered baking dish. Combine the remaining ingredients in a bowl. Use a fork to work in the butter. Sprinkle the mixture on top of the fruit and bake in a 350 degree oven until bubbly and topping is light brown. Serve topped with vanilla yogurt.

Rice Pudding

- 1/2 cup raisins
- 3 cups cold low fat milk
- 1-3/4 cups rice
- 1/3 cup sugar
- 1 tsp vanilla extract
- ground cinnamon or other favorite spice

Soak raisins in water for 5 minutes and then drain. Heat milk in a pan to simmer. Stir in rice, sugar and vanilla and cook until the mixture is thick. Stir in raisins and sprinkle with cinnamon or other favorite spice.

Vanilla Yogurt Snack

Top low fat vanilla yogurt with your favorite fruit or cereal.



Basic Nutrition

The Food Guide Pyramid

The Food Guide Pyramid can tell you what to eat and how much - make half your grains whole, eat 2½ cups veggies, 2 cups fruit, 2-3 cups milk, and 5½ ounces meat or beans every day. And be physically active for at least 30 minutes most days of the week.





Eating the Right Portion Size

How much we eat is just as important as what we eat. Standardized portion sizes are one way that we can consume the right amount of calories, fat, carbohydrates, protein, vitamins, and minerals.

Food	Serving	Looks Like
Chopped Fresh Vegetable	½ cup	½ baseball
Raw Leafy Vegetable	1 cup	1 baseball
Fresh Fruit	1 medium piece	1 baseball
Dried Fruit	¼ cup	1 golf ball
Pasta, Rice, Cooked Cereal	½ cup	½ baseball
Meat, Poultry, Seafood	3 ounces	deck of cards
Dried Beans	½ cup cooked	½ baseball
Cheese	1½ ounces	4 dice

Chicken and Rice

2 cups rice cooked in chicken broth
 2 cups cooked diced chicken
 1 tbsp butter or margarine
 1 medium onion, chopped
 1 green pepper (optional)
 ½ cup chopped celery (optional)
 8 oz tomato sauce
 1 fresh diced tomato or 4 oz canned
 salt and pepper to taste

Put cooked rice in a large buttered casserole dish. Place chicken over the rice. Heat butter in a skillet; sauté onion, green pepper, and celery until tender. Add tomato sauce, diced tomato, salt and pepper; simmer for 10 minutes. Pour sauce mixture over chicken and rice. Cover and bake at 350 degrees for 20 to 25 minutes.

French Toast

8 slices wheat or other grain bread
 3 eggs
 ½ cup low fat milk
 2 tsp cinnamon
 1 tsp vanilla (optional)

Mix together eggs, milk, cinnamon and vanilla until thoroughly combined. Pour mixture into a shallow dish. Dip the slices of bread into the egg mixture, allowing the liquid to soak into the bread. Lightly coat a skillet with oil or cooking spray and heat to medium temperature. Brown the slices of bread on both sides. Serve with butter and warm syrup.

Oven Fried Chicken

6-8 chicken pieces
2 cups bread or cracker crumbs
1 tsp salt
1 tsp pepper
2 tsp oregano
2 eggs
1/4 cup low fat milk
oil or cooking spray

Remove skin from chicken to reduce fat. Combine bread crumbs and seasonings in a zip-top bag or bowl. Mix together eggs and milk in another bowl. Dip each piece of chicken in the egg mixture and shake in the bag or roll in the seasoned bread crumbs. Place the chicken in a small dish lightly coated with oil or cooking spray. Bake uncovered for 30-40 minutes or until no trace of pink remains.

Italian or French Bread Pizza

Halved French or Italian bread pieces 4-6 inches long
tomato sauce
oregano
shredded low fat mozzarella cheese
cooked chicken, beef or vegetables

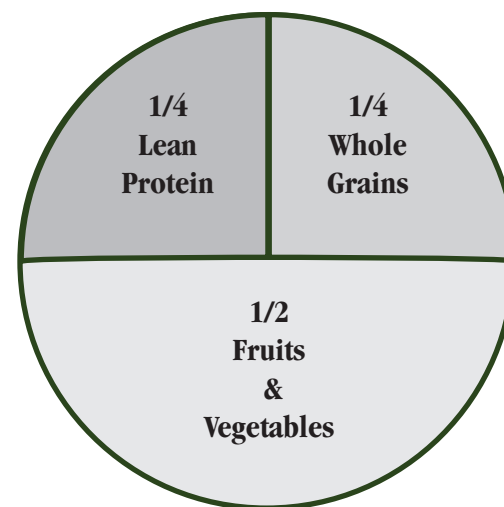
Top bread with tomato sauce and sprinkle with oregano. Add a layer of 1-2 tbsp of cheese, 2-3 oz of meat or vegetables and a final layer of cheese. Bake for 15 minutes in a 375 degree oven or until cheese melts.



The Healthy Heart and Soul Food Plate

The Healthy Heart and Soul Food Plate provides a visual picture of a 9"-10" plate instead of a large 11"-12" plate. This plate shows us how to divide the nutrient rich foods of the Food Guide Pyramid so our meals will include 1/4 whole grains, 1/2 fruits and/or vegetables and 1/4 lean protein.

Lean proteins are foods like lean beef, chicken, fish, beans, eggs, tofu and nuts. Whole wheat bread, brown rice and 100 percent bran cereal are examples of whole grains. Colorful fruits and vegetables include apples, berries, grapes, carrots, broccoli, green beans tomatoes and squash.





General Food Safety Tips

Reduce your risk for food poisoning or foodborne illness from bacteria by:

- Washing your hands with warm soapy water when handling food, along with all surfaces that will come in contact with food.
- Sanitize cutting boards and knives with bleach after each use. For example after cutting up meats, wash and sanitize the board and the knife before cutting up vegetables.
- Use a thermometer to make sure cold foods are below 40 degrees Fahrenheit and hot foods are above 140 degrees Fahrenheit.
- Thaw foods in the refrigerator.
- Store leftovers in shallow containers and refrigerate immediately.
- Heat leftovers until they are steaming or simmering hot (165 degrees Fahrenheit) for at least 15 minutes. Stir or rotate foods at least halfway through the cooking time when using a microwave to heat foods evenly. Also use leftovers within three days.
- Check the temperature of your refrigerator or freezer after a power outage. If the temperature is below 40 degrees Fahrenheit, foods must be thrown out or they could possibly make you sick.

Salmon Loaf

1 can salmon (15-16 oz can)
2 cups soft bread or cracker crumbs
1 tbsp chopped onion
1 tbsp melted margarine or butter
1/2 cup low fat milk
1 slightly beaten egg

Mix together salmon, crumbs, onion and butter. Combine milk and egg and add to salmon mixture. Shape into a loaf in a shallow baking pan. Bake at 350 degrees for 35 to 40 minutes.

Broiled Burger

1 lb ground beef
1/4 tsp pepper
1 tbsp onion soup mix

Combine ground beef and seasonings. Divide beef into 4-6 even portions and then flatten into round burger patties. Place patties onto a foil lined baking sheet. Place sheet pan in an oven set on broil. Cook patties for 2-3 minutes on each side or until no longer pink inside. Watch carefully to prevent burning. Serve on a bun or sliced wheat bread.

Seasoned Breakfast Patty

1 lb ground beef
2-3 tbsp onion soup mix (add more or less to taste)
1/2 cup finely ground bread or cracker crumbs
1/2 cup water
canola or olive oil

Mix together ground beef, onion soup mix and bread crumbs by hand until well combined. Add water 1 tbsp at a time until ground beef mixture holds together. Form into 2 oz patties. Heat 1 tbsp of canola oil in a skillet. Brown patties on both sides until done. Makes 8-10 patties

Orange Chicken

6-8 chicken pieces
1 tsp salt
1 tsp pepper
8 oz orange juice
1/2 tbsp cornstarch
1-2 tbsp honey (optional)

Remove skin from chicken. Combine salt and pepper and rub on chicken pieces. Place chicken in a lightly oiled baking dish. Heat orange juice, cornstarch and honey in a sauce pan over medium heat until liquid begins to thicken. Pour liquid over chicken and cover baking dish with aluminum foil. Bake in a preheated 375 degree oven for 1 hour or until chicken is done.



Grocery Shopping Savvy

- Make a shopping list and stick to it. Planning ahead can help you to stick to a budget.
- Buy “store name or house brand” items to save money. Also buy the Sunday paper for the coupon section for extra savings.
- Start shopping at the outside aisles first. Stock up on fresh fruits and vegetables, healthy low fat milk products, lean meats, poultry and fish and whole grain breads before shopping for canned and packaged foods.
- Try not to eat foods with saturated fats, avoid partially hydrogenated oils or trans fats, and ones that are high in cholesterol or sodium like fast foods, chips and other snack foods.
- Increase your fiber intake by purchasing foods with 5 grams or more of fiber per serving.
- Make every calorie count. A donut and a slice of whole grain wheat bread may have the same calories, but there are more vitamins in whole grain wheat bread.
- Remember when reading the label, if fat, sodium or cholesterol is less than 5 percent it is low, greater than 20 percent too much. If fiber, vitamins and minerals are less than 5 percent it is low, greater than 20 percent is high.



Harvest Hope Food List

The following items are often (but not always) found in your Harvest Hope Food Issue:

rice	green beans	canned fruit
grits	tomato sauce	juice
pasta	corn	eggs
bread	powdered milk	soup
beef stew	snack crackers	canned salmon
chicken	potato flakes	ground beef

Grocery List

The following items are ones that you will need to purchase at the grocery store. Purchase a few items at a time if it is better for your budget.

whole grain cereal	oatmeal
all fruit jelly or spread	raisins
low fat cheese	flour
sugar, brown & white	cinnamon
lettuce	tomato
carrots	oregano
low fat salad dressing	onion
low fat yogurt (plain or vanilla)	pancake syrup
frozen vegetables	canola oil
butter or spread alternative	honey

(*Do not feed honey to children under 1 years of age)

Beef Noodle Casserole

1 lb ground beef
1/2 cup finely chopped onion
2 cups cooked pasta
12 oz tomato sauce
1/4 tsp salt
1/4 tsp pepper
1/2-3/4 cup low fat shredded cheddar or mozzarella cheese

Brown ground beef in onion in a skillet until no longer pink. Drain excess liquid. Add tomato sauce and seasonings and mix well. Simmer for 7-8 minutes. Alternate layers of ground beef and pasta in a lightly greased 9 by 13 inch baking dish. Top the final layer with cheese. Bake uncovered in a 300 degree oven until bubbly; approximately 30 minutes.

Chicken Salad

2 cups chicken, cooked and chopped
1 cup frozen vegetables, thawed
1-1 1/2 cup low fat mayonnaise
or cream dressing
lettuce leaves
tomato wedges (optional)

Combine chicken, thawed vegetables and mayonnaise. Chill in the refrigerator for at least 1 hour. Separate and rinse lettuce leaves and place on a plate. Spoon 3-4 oz of chicken salad in the middle of the lettuce leaves. Garnish with tomato wedges. Also can be served as a sandwich on bread.

Sloppy Joes

1 lb ground beef
 1/2 medium onion
 16 oz tomato sauce
 1 tbsp brown sugar
 1/4 tsp salt
 1/4 tsp pepper
 1 tbsp oil
 4 hamburger buns or 8 slices of wheat bread

Heat oil over medium heat in a large skillet. Brown the ground beef along with the onion and seasonings until meat is no longer pink. Drain off the excess liquid. Add brown sugar and tomato sauce and mix well. Simmer on low for 8-10 minutes, stirring occasionally. Serve on buns.

Cold Salmon Salad

1 can salmon (15-16 oz can)
 1/3 to 1/2 cup low fat mayonnaise
 or cream dressing
 1/2 tsp pepper
 tomato wedges
 chopped hard boiled egg (optional)

Drain and lightly rinse salmon. Lightly combine salmon and mayonnaise in a bowl. Chill for at least one hour. Separate and rinse lettuce leaves and arrange on a plate. Place a 3 oz portion of salmon in the middle of the lettuce leaves. Garnish with tomato wedges and chopped egg.



Breakfast

Grits	1/2 cup
Butter or Spread	1 tsp
Seasoned Ground Beef Patty	1 each
Canned Fruit	1/2 cup
Milk, low fat, 2%	1 cup

Lunch

Garden Salad (lettuce, tomato, carrot, cucumber) topped with chicken, beef or salmon	
Cooked Chicken or Beef or Canned Salmon	3 oz
Tossed Salad	1 cup
Fresh Fruit	1 piece

Dinner

Orange Glazed Chicken	3-4 oz
Rice	1/2 cup
Frozen Vegetables	1/2 cup
Tomatoes	4 slices



Breakfast Sandwich

1 egg, scrambled
 1 oz crumbled Seasoned Breakfast Patty
 1 oz low fat cheese, shredded or chopped
 1 oz diced tomato
 2 slices lightly toasted wheat bread
 2 tsp fruit spread

Spread fruit spread on wheat toast. Layer eggs, breakfast patty, tomatoes and cheese on one slice of bread. Top with the second slice to make a sandwich. Wrap sandwich in foil and heat in a preheated 275 degree oven until cheese is melted. Cut sandwich in half.

Chicken or Salmon Macaroni Salad

4 oz dry package elbow macaroni
 2 cups chicken, cooked and shredded
 1 cup frozen vegetables thawed
 1 tsp salt
 1 tsp pepper
 1 tbsp finely, diced onion
 1 cup low fat mayonnaise or 3/4 cup creamy salad dressing

Cook macaroni according to package directions. Drain and rinse with cold water. In a large bowl, mix together cooked chicken, thawed vegetables, seasonings, onion and mayonnaise or dressing. Add drained macaroni and toss together. Refrigerate for several hours before serving on a bed of lettuce or with a tossed salad.

Breakfast

Breakfast Sandwich 1 each
 Juice 4-6 oz

Lunch

Macaroni Salad 3-4 oz
 Tossed Salad 1 cup
 Fruit 1/2 cup

Dinner

Sloppy Joe 3 oz
 on a bun or toast 1/2 cup
 Frozen Vegetables 1/2 cup
 Tossed Salad 1 cup



Breakfast	Whole Grain French Toast	2 slices
	with syrup	4-6 tbsp
	Butter or Spread	1 tsp
	Seasoned Ground Beef Patty	1 each
	Canned Fruit	½ cup
	Milk, low fat, 2%	1 cup
Lunch	Italian or French Bread Pizza	2 slices
	Green Beans	½ cup
	Fresh Fruit	1 piece
Dinner	Oven Fried Chicken	3-4 oz
	Mashed potatoes	½ cup
	Frozen Vegetables	½ cup
	Tossed Salad	1 cup

Breakfast	Oatmeal, cooked	1 cup
	topped with raisins	2 oz
	Whole Wheat Toast	1 slice
	Butter or Spread	1 tsp
	All Fruit Jelly or Spread	1 tsp
	Milk, low fat, 2% or yogurt	1 cup
Lunch	Cold Salmon Salad	3 oz
	Lettuce Leaves	2 leaves
	Tomato	4 slices
	Wheat Crackers	8-10 each
	Soup	1 cup
Dinner	Beef Noodle Casserole	6 oz
	Whole Wheat Toast	1 slice
	Cooked Carrots	4 oz
	Green Beans	4 oz



Breakfast	Raisin Bran	½ cup
	Whole Wheat Toast	1 slice
	Butter or Spread	1 tsp
	All Fruit Jelly or Spread	1 tsp
	Fruit Juice	4-6 oz
	Milk, low fat 2% or yogurt	1 cup

Lunch	Chicken Salad	3-4 oz
	Lettuce Leaves	2 each
	Wheat Crackers	8-10 each
	Fruit, canned	½ cup
	Soup	1 cup

Dinner	Salmon Loaf	3-4 oz
	Rice	½ cup
	Green Beans	½ cup
	Tossed Salad	1 cup
	Lettuce	
	Tomato	
	Carrots	

Breakfast	Scrambled Eggs	1 egg
	topped with cheese	1 oz
	Whole Wheat Toast	1 slice
	Butter or Spread	1 tsp
	All Fruit Jelly or Spread	1 tsp
	Fruit Juice	4-6 oz

Lunch	Broiled Burger	1 patty
	on a bun or toast	1 bun
	Cheese	1 oz
	Lettuce	2 leaves
	Tomatoes	2 slices
	Corn	½ cup
	Fruit	1 piece

Dinner	Chicken and Rice	6 oz
	Cooked Carrots	½ cup
	Green Beans	½ cup